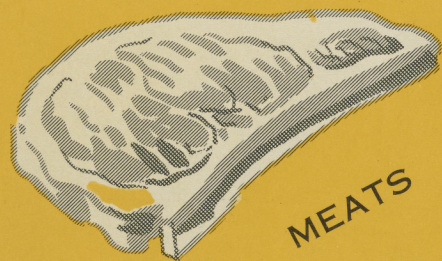


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.8
H 75N
1946

IRON, needed by the body to build red blood



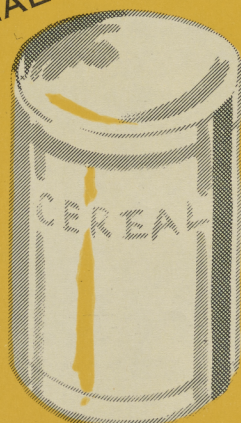
MEATS



EGGS



BREAD AND CEREAL
WHOLE-GRAIN
AND
ENRICHED



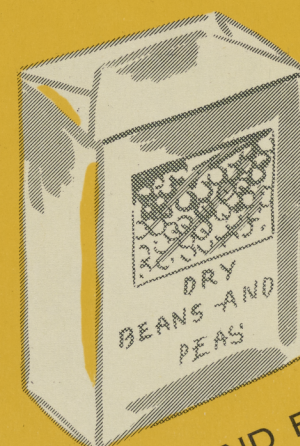
This rat did not have enough iron. It has pale ears and tail. Eight months old, it weighs only 109 grams.



This rat had plenty of iron. Its fur is sleek and its blood has three times as much red coloring as the rat above. Though only 5½ months old, it weighs 325 grams.



LEAFY
GREENS



DRY BEANS AND PEAS